



JOYA® APPLE FOLD-OVERS WITH NUTS

Makes about 8



Created by :

heleen | meyer
food consultant

INGREDIENTS:

- 500 g shop-bought puff pastry, thawed
- 2 JOYA® Apples in the skin, cut into wedges and thinly sliced
- 60 ml (¼ cup) coarsely chopped macadamia nuts
- vanilla powder, ground cardamom or mixed spice to taste
- lemon rind and honey to taste
- 1 egg, beaten

METHOD:

1. Preheat oven to 200 °C and line a large baking tray with baking paper.
2. Unroll the puff pastry, if necessary, and place on a lightly floured work surface. Cut out 8 x 10 cm circles (a cookie cutter works well, or use a small bowl as a template to cut out with a knife).
3. Place circles on the baking tray. Place 4-5 apple slices on one half of each circle, keeping a small space all around the edge clear of any filling.
4. Top with nuts, a pinch of vanilla powder or ground spice of your choice, lemon rind and a drizzle of honey. Brush the edges with egg and fold the other half of each circle over, to form little half circles. Gently press the edges down with a fork to seal.
5. Prick a few holes in the top of each fold-over with a fork or skewer. Brush with egg and bake for about 15 minutes, or until golden brown and cooked.
6. Enjoy warm or allow to cool and pack as a treat for a road trip.

Tip

1. Any excess pastry can be refrigerated for a while and then re-rolled and cut out. Note, this pastry will be a little more difficult to work with and it may not rise as much.

**FIRM
SWEET
CRUNCHY
APPLE**

WWW.JOYAAPPLES.CO.ZA